

A Study to Assess the Effectiveness of Aleovera Juice on Leukorrhea among Women at Kuthambakkam

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Abstract: Health is not mainly an issue of doctors, social services & hospitals. It is an issue of social justice. Health is a common theme in most cultures. In fact, all communities have their concepts of health, as part of their culture. WHO defines 'health is a complete physical, mental & social wellbeing & not merely the absence of disease or infirmity'. Normally, the secretion is just enough to lubricate vagina and the sources of secretion are mainly the endometrial glands, cervical glands and vaginal transudate as the vagina has no secretory glands to produce a secretion of its own.

Objectives: To assess the level of knowledge regarding leukorrhea among women of age 18-45 years at kuthambakkam. To determine the effectiveness of aleovers juice on leukorrhea among women of age 18-45 years at kuthambakkam.

Methodology: Research design: Pre-experimental one group pre-test and post-test design to determine the effectiveness of aleovera juice on leukorrhea.

Result: With the regards to age among women, majority of 16(53%) are between the age group 25-30 years. With the regards to the education among women, majority of 10(33%) are secondary educated. With regards to the occupation among women, majority of 15(50%) of the women are housewife. With regards to the religion among women, majority of 21(70%) of the women are hindu. With regards to the puberty age among women, majority of 10(33%) of the women attained puberty at the age of 10-12 years. With regards to the marital status of women, majority of 18(60%) of the women are married.

Keywords: Adult women, leukorrhea, aleovera juice.

1. INTRODUCTION

The statement has been amplified to include the ability to lead a 'socially & economically productive life'. Among the people the health of women requires high attention.

A reported that suggest that women are probably dying because she has been denied access to medical treatment in time. Women's health is compromised at practically every step in time. From womb to tomb, women are made to pay dearly for their women hood & unless some steps are taken to make people appreciate human rights issues related to women's sexual & reproductive health, women will continue to die.

There are several medical disorders from which women suffer and leucorrhoea is one of them. Leucorrhoea (common wealth) or leukorrhoea(US) is actually a medical term that denotes a thick , whitish vaginal discharge. It is a natural

defense mechanism that the vagina uses to maintain its chemical balance, as well as preserve the flexibility of vaginal tissue.

Normally, the secretion is just enough to lubricate vagina and the sources of secretion are mainly the endometrial glands, cervical glands and vaginal transudate as the vagina has no secretory glands to produce a secretion of its own.

It may also result from the inflammation or congestion of the vaginal mucosa. In cases where it is yellowish or gives offensive odour, a doctor should be get consulted since it could be sign of an STD.

A variety of local terms across India exist for leucorrhoea symptom. In north-central India, it is called safed panni (white water), dhatu or swedpradhar. Women complaining of safed panni often also complained of vague somatic symptoms that include burning hands and feet, dizziness, backache and weakness. Women were very concerned about their condition, and would say that when safed panni is lost from the body, progressive weakness will develop. Many women felt that undergoing the tubectomy operation had caused the condition; others feel that diet was at fault.

2. NEED FOR THE STUDY

In south Asia, the complaint of vaginal discharge (often called as leucorrhoea) is extraordinarily common and presumed to indicative of RTI.

A qualitative survey to obtain data on morbidity pattern of a rural community for planning health services. The results revealed that there was wide citation in opinion of various key informants regarding the common health complaints such as leucorrhoea and anemia were the two most common presentations among women.

Grindly and Reynolds; Eshun and He 2007 found that Aloe vera is one of the few herbal medicines widely used in Western society, with the manufacturing of *Aloe vera* extracts being one of the largest botanical industries worldwide. In 2004, the value of the *Aloe* industry was estimated to be US\$125 million for the cost of the raw *Aloe* material and US\$110 billion for finished *Aloe*-containing products.

International aloe science council 2008 said that Aloe vera is used in the cosmetic, food, and pharmaceutical industries. In the cosmetic and toilet industry, it is used as a base material for skin moisturizers, soaps, shampoos, sun lotions, makeup creams, perfumes, shaving creams, bath aids, and many other products. The food industry uses *Aloe* in the manufacture of functional foods, especially health drinks, and as a bitter agent. Pharmaceutical products are available for topical applications (gels and ointments) and oral use (tablets and capsules).

Boudreau and Beland 2009 conducted the study on effectiveness of aloe vera juice and found that the pericyclic portion of the vascular bundle is adherent to the rind, whereas the remainder of the vascular bundle protrudes into the mesophyll layer. The mesophyll can be differentiated into chlorenchyma cells and thinner-walled parenchyma cells. The parenchyma (filet or pulp), which is the major part of the leaf by volume, contains a clear mucilaginous gel (known as Aloe vera gel).

Cook and Samman 2010 found that Aloe vera also contains products of the isoprenoid pathway, including carotenoids, steroids, terpenes, and phytosterols. Isoprenoids can be regarded as sensory molecules because they contribute to the color and fragrance of the products in which they exist.

According to ayurvedic concepts of Aloe vera juice reduces the flow of white discharge, rejuvenative for the female reproductive system, promotes menses, removes putules, alleviates bleeding, destroys poison etc. it contains B12, vitamin A and E, iron, potassium, calcium, protein, folic acid, chromium, magnesium, zinc, vitamin C, essential fatty acid, amino acids.

3. STATEMENT OF THE PROBLEM

“A study to assess the effectiveness of aloe vera juice on leukorrhoea among women at kuthambakkam area”

Objectives:

- ❖ To assess the level of knowledge regarding leukorrhoea among women of age 18-45 years at kuthambakkam.
- ❖ To determine the effectiveness of aloe vera juice on leukorrhoea among women of age 18-45 years at kuthambakkam.

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- ❖ To find out the association between demographic variables and post test knowledge level on leukorrhea among women.

4. METHODS AND MATERIALS USED

Pre experimental one group pre-test and post-test design to determine the effectiveness of aloe vera juice on leukorrhea. The study was conducted at Kuthambakkam village, Thanadalam. All the women who are suffering from leukorrhea and not undergoing for any treatment in Kuthambakkam village, Thanadalam. Women of age 18 to 45 years and who is not undergoing for any medical treatment in Kuthambakkam village, Thanadalam. The sample size consists of 30. The investigator identified about 30 women who met the inclusion criteria falling under the age 18-45 years. The 30 women were selected by using non probability, convenient sampling method.

5. RESULT

With the regards to age among women, majority of 16(53%) are between the age group 25-30 years. With the regards to the education among women, majority of 10(33%) are secondary educated. With regards to the occupation among women, majority of 15(50%) of the women are housewife. With regards to the religion among women, majority of 21(70%) of the women are Hindu. With regards to the puberty age among women, majority of 10(33%) of the women attained puberty at the age of 10-12 years. With regards to the marital status of women, majority of 18(60%) of the women are married.

6. CONCLUSION

The study concludes that the aloe vera juice is used for reducing the leukorrhea which can reduce the need of pharmacological interventions. The preparation of aloe vera juice is easy way to reduce the flow of white discharge and thus the aloe vera juice can find great relief without drugs at home for the adult women.

7. RECOMMENDATIONS

- Similar study can be done with large samples
- A comparative study can be done between urban and rural children.
- Similar study can be done at different settings.
- A study can be done by using experimental and control groups.

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